Kale Pilaf

Ingredients:

2 teaspoons canola or olive oil
1 cup long grain white rice
1 medium onion, chopped
2 cups fresh, washed, minced kale
3 large garlic cloves, peeled and minced
1/4 teaspoon cumin
1/4 teaspoon salt
1/4 teaspoon black pepper
1 1/2 Tablespoons lemon juice

Directions:

1. Heat the oil in a large nonstick pot over moderate heat.
2. Add the rice and onion and sauté, stirring, until the rice grains turn translucent, about 3 minutes.
3. Add the kale, minced garlic, cumin, salt, black pepper, and 2 cups of water. Bring to a boil, stirring, then reduce heat to low and cover.
4. Simmer for 20 to 25 minutes, or until all of the liquid is absorbed
5. Turn the pilaf out into a large bowl and add the lemon juice. Toss gently.

Yields about 6 servings.

Source: Recipe from Broome County CCE

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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